

# LACTOSE INTOLERANCE

**Good news! Living with lactose intolerance does not mean you have to give up your favorite dairy foods! Most people with lactose intolerance can tolerate some dairy foods. It is all about understanding how much lactose is in the foods you love and how much you can handle at once.**

## LACTOSE INTOLERANCE VS. DAIRY ALLERGY

People often confuse lactose intolerance with a dairy allergy.

**Lactose Intolerance:** Inability to breakdown lactose (naturally occurring sugar in milk) causing temporary discomfort like abdominal cramping, bloating, gas, and/or diarrhea.

**Dairy Allergy:** Immune reaction to the protein in dairy causing symptoms such as wheezing, rashes, abdominal cramping, stuffy or itchy nose, sneezing, itchy teary eyes, and/or severe allergic reaction.

**If you suspect you are lactose intolerant or have a dairy allergy, visit with your doctor.**

## From supporting growth and development in toddlers to aging vibrantly in adults, DAIRY PROVIDES IMPORTANT NUTRIENTS LIKE:

**CALCIUM**  
Helps build and maintain strong bones and teeth.

**VITAMIN D**  
Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.

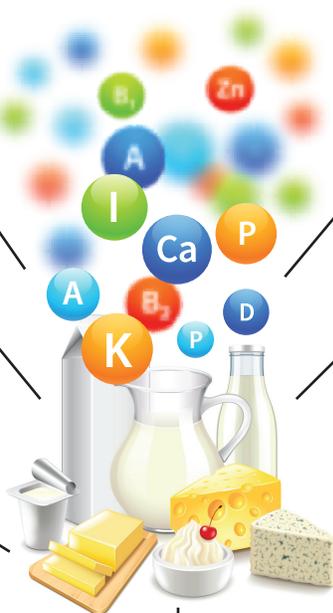
**VITAMIN A**  
Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.

**POTASSIUM**  
Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and maintain normal muscle function.

**PROTEIN**  
Helps build and repair tissue. Helps maintain a healthy immune system.

**PHOSPHORUS**  
Helps build and maintain strong bones and teeth, supports tissue growth.

**IODINE**  
Necessary for proper bone and brain development during pregnancy and infancy; linked to brain function in childhood.



# LACTOSE INTOLERANCE

Use this chart to help you find ways to enjoy your favorite dairy foods and all the health benefits that come with them.

DAIRY FOOD	SERVING SIZE	LACTOSE GRAMS(g)*
<b>DAIRY FOOD COW'S MILK BASED</b>		
 <b>Lactose-free:</b>		0 g
<b>Cow's Milk</b>	1 cup	
<b>Yogurt</b>	3/4 cup	
<b>Greek Yogurt</b>	3/4 cup	
<b>Ice Cream</b>	2/3 cup	
 <b>Butter</b>	1 tbsp.	<1 g
 <b>Cream (liquid) as well as Cream Cheese (whipped or block)</b>	1 tbsp.	<1 g
 <b>Natural Cheese such as: Cheddar, Swiss, Mozzarella, Gouda, Colby, Monterey Jack, Provolone, Brie, Blue, Parmesan</b>	1.5 oz.	<1 g
 <b>Queso Fresco</b>	1 oz.	<1 g
 <b>Queso Blanco</b>	1 oz.	<1-2 g
 <b>Paneer</b>	1 oz.	1 g
 <b>American Cheese</b>	1 slice	1.2 g
 <b>Ricotta Cheese</b>	1/4 cup	1.9 g
 <b>Cottage Cheese</b>	1/2 cup	3.2 g
 <b>Ice Cream</b>	2/3 cup	3.9 g
 <b>Greek Yogurt (Low fat, Plain)</b>	3/4 cup	4.2 g
 <b>Yogurt (Low fat, Plain)</b>	3/4 cup	5.7 g
 <b>Kefir</b>	1 cup	8.5 g
 <b>Cow's Milk</b>	1 cup	12 g

## LACTOSE INTOLERANT?

### Try these tips:

- **Sip it** - Start small and introduce dairy slowly. 
- **Try it** - Choose lactose-free milk and milk products. They are real milk products, just without the lactose, and provide the same great nutrients as regular dairy foods.
- **Stir it** - Pair milk with meals or mix it with other foods to help slow lactose digestion. 
- **Slice it** - Choose natural cheeses, like Cheddar, Colby or Swiss. 
- **Shred it** - Add cheeses such as Parmesan or Mozzarella to foods. 
- **Spoon it** - Yogurt's live and active cultures help digest lactose. 



Scan to watch a short video on lactose intolerance.

\*Check your favorite brands as amounts of lactose can vary from brand to brand.  
Reference: U.S. Department of Agriculture, FoodData Central, <https://fdc.nal.usda.gov/index.html>, Accessed October 12, 2022.